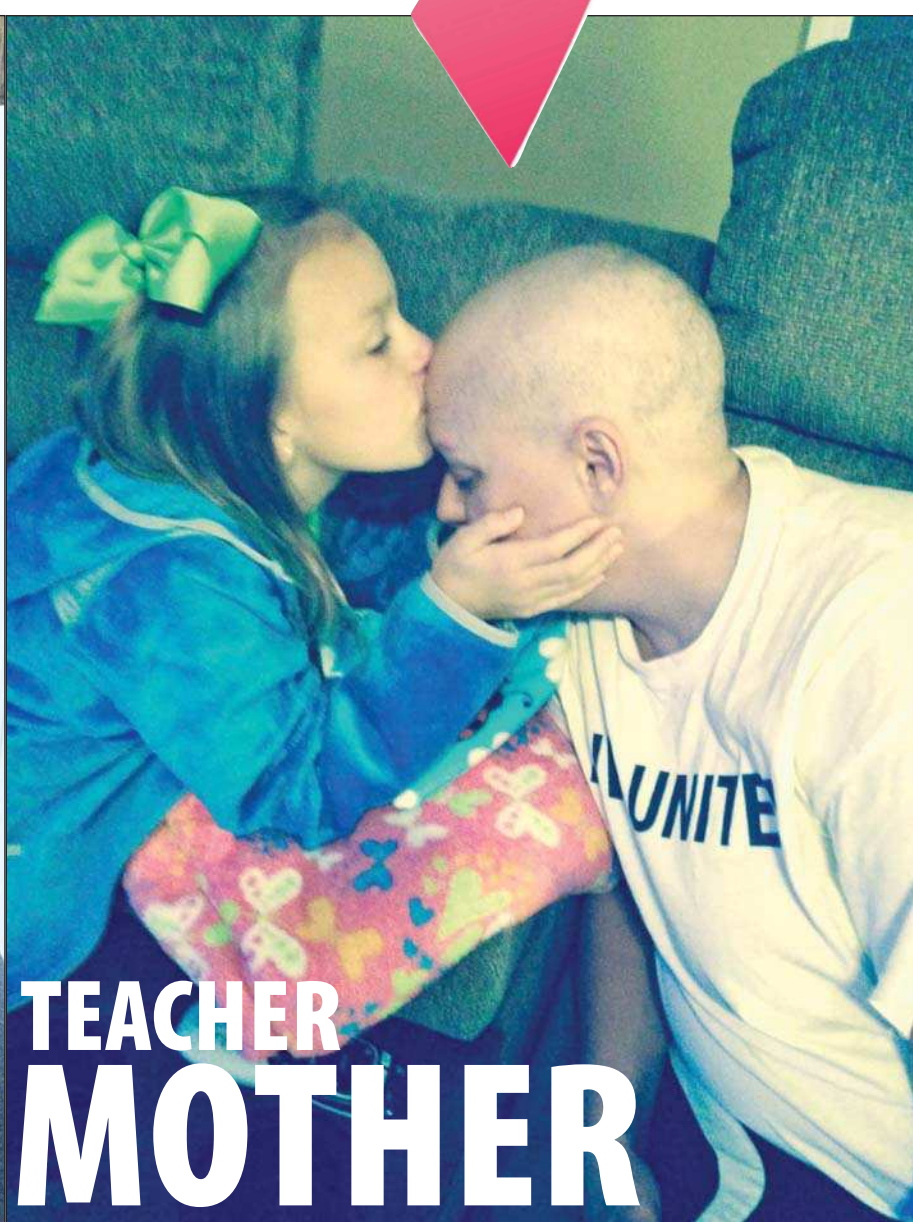


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PHOTOS BY ELI PACE | KENTUCKY NEW ERA
 All of the bra designers applaud after being called up by Traci Mason (behind the podium) to stand behind their creations Oct. 1 during a Business After Hours kickoff event for the annual Western Kentucky Women's Show at the James E. Bruce Convention Center.



"Roll out the barrel for a cure" — Casey Jones Distillery.



"All I want for Christmas is a cure" — Samantha Hightower.



"Make it a Law, Check Inside Your Bra" — Christian County Circuit Clerk's Office.



"Healthy Selfie" — Pennyriple Home Medical.



"The True Beauty in a Woman is Reflected in Her Soul" — Cayce Mill Supply.



"Miss America" — James E. Bruce Convention Center.



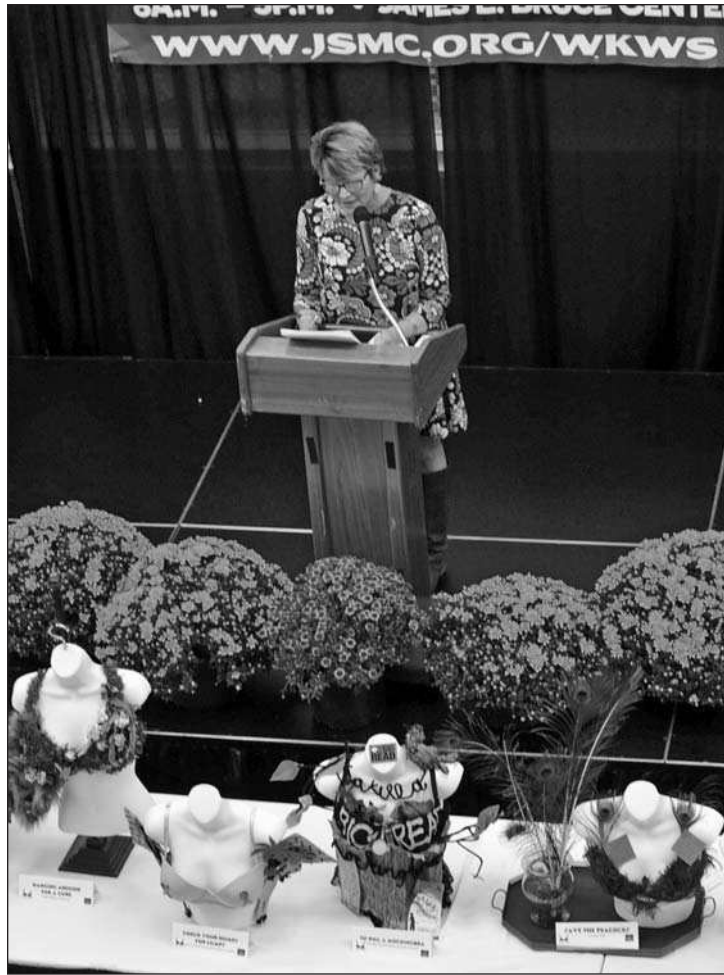
A panel of judges, including Christian County Chamber of Commerce President Kelli Pendleton (right), scores the various bras entered into the Be My Support bra contest on Oct. 1.



"Hanging Around for a Cure" — The Pink Ribbon Network.



"Sock it to Cancer" — Herb Hayes Furniture.



DeeAnna Sova announces two grants — one went to Sanctuary Inc. and the other to the Pink Ribbon Network — during a kickoff event on Oct. 1 for the Western Kentucky Women's Show.

BE MY SUPPORT BRA CONTEST

Paired with October's Western Kentucky Women's Show, the Be My Support bra contest sponsored by Jennie Stuart Medical Center featured 17 bras of different shapes, sizes and levels of creativity, all designed to raise awareness for regular breast exams and money to fight breast cancer. Entries were judged on originality, workmanship and title. A panel of judges picked the first- and second-place winners — the Kentucky New Era and Planters Bank, respectively — while third place went to Pennyriple Home Medical.

PHOTOS BY ELI PACE | KENTUCKY NEW ERA



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Staying in good spirits

Early detection leads to chemo for former nursing student

"I get strength FROM MY DAUGHTER."

— AMANDA MARTIN

BY KEN HEDLER
NEW ERA STAFF WRITER

Amanda Martin, 39, recalled feeling soreness in her right breast after waking up and rolling over in her bed in July.

"I did not notice anything before," she said. Health officials advise women to undergo mammograms beginning at age 40.

She went to see her family doctor in Hopkinsville, where she was living at the time. Suspecting breast cancer, he ordered a mammogram and an ultrasound.

The doctor then ordered a biopsy, which confirmed his speculation, according to Martin and her mother, Kathy Kenady of Canton. Kenady said no history of breast cancer exists in the family while acknowledging that her mother had pancreatic cancer and died 11 years ago at the age of 67.

Martin, who was living with her daughter, Addison, 8, in an apartment in Hopkinsville, quit nursing school and her new job at a doctor's office, and moved in with her mother and stepfather, Larry Kenady, so she could have their support. Kathy and Larry take turns driving Addison to and from school at Heritage Christian Academy in Hopkinsville.

Martin underwent a mastectomy in early August, and had her lymph nodes beneath her right arm removed a week later. She soon began a series of chemotherapy every other week at Baptist Hospital in Paducah, and, in October, started a series of chemo every week. She and her mother expect the chemo to continue through the end of the year.

She is undergoing treatment in Paducah because her father, Rick, lives there with her stepmother and a sister-in-law who works as a nurse practitioner.

"I don't have as much energy, and I am nauseated a lot," Martin said of her chemo treatments. However, she added she is in good spirits.

Martin is relying on "prayer and family support, friends, phone calls, cards" to help her recover, her mother said. Kenady said a stranger approached Martin at a medical office in Paducah, offered a prayer and kissed her on the head.

Her mother showed a photo on her smartphone of Addison kissing her smiling mother on her head.

"Amanda always has a smile on her face because she gets strength from her daughter," Kenady said. "I get strength from my daughter."

Martin plans to resume her normal life after she fully recovers from breast cancer.

Meanwhile, she urges other women to perform self-exams beginning in their early 20s, and to see a doctor "if you notice anything out of the ordinary."

REACH KEN HEDLER at 270-887-3231
or khedler@kentuckynewera.com.



PHOTOS PROVIDED BY AMANDA MARTIN

Breast cancer survivor Amanda Martin gets a kiss (above) from her daughter, Addison. Amanda and Addison (below) pose for a photo.



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Aleta Franklin is shown before treatment (above, left) and after (above, right).

PHOTOS SUBMITTED

LADY IN PINK

BY ALETA FRANKLIN

I have always been defined by my long hair. Was horrified at the thought that my stylist would cut it too short. Breast cancer doesn't care how you feel about your hair, your nails, your weight, your fears or your plans for the future. She is an unforgiving friend who will bring you to your knees and kick you while you're down. She will test your strength, faith and determination.

I was diagnosed in December 2014 and started chemo in February 2015. My long, beautiful hair started falling out within nine days after my first treatment. As each

strand of hair and each tear fell, I could hear her mocking me. She preyed on every weakness I'd ever had. Just hearing the words "breast cancer" sent chills through me. I have never felt more alone and frequently went to that dark place inside myself. But that little voice in my head whispered, "You can't stay here. You can't be taken in by how she is humiliating you. If you do, she wins. You have to fight." So at that moment, in that scary, dark place, I felt myself grow stronger. I have fought a lot of battles in my life and managed to save myself. This battle is just one more, and Aleta, you can do this. Take that hard-headed determination, and fight with all you've got.

In July 2015, after six chemo treatments, the CAT scan came back normal! Score one for me. But it wasn't just me. It was the strength of the people around me that helped me stay strong and not give in. It was because of my son and friends who stood by my side never wavering that kept me strong. Kept me fighting. So far I haven't given up or given in to the horror of breast cancer. I am determined she is not going to beat me. She may take my hair, but hair grows back. She may even take my breast, but she will never take my pride or determination to keep fighting and stay strong.

I will not stop "fighting like a girl."



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*Free mammograms will be provided by a Think Pink grant to uninsured women who are 40 years of age and older. Younger women may qualify if there is a family history of breast cancer.

Must be one year since last mammogram.

Printed with Breast Cancer Research and Education Trust Funds



Honoring Women Affected by Breast Cancer...

Our wish is comfort on difficult days, smiles when sadness intrudes, rainbows to follow the clouds, laughter to kiss their lips, sunsets to warm their hearts, hugs when spirits sag, beauty for their eyes to see, friendship to brighten their being, faith so they can believe, confidence for when they doubt, courage to know themselves, patience to accept the truth and love to complete their lives.

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Medical experts agree that early detection is a woman's best defense in overcoming breast cancer. In fact, the National Breast Cancer Foundation reports that when breast cancer is detected in the early, localized stage, the five-year survival rate is 98 percent. The organization encourages every woman to develop an early detection plan consisting of breast self-exams, clinical breast exams and mammograms based on age and health history. To learn how to perform a monthly breast self-exam, go to www.nationalbreastcancer.org or consult your healthcare professional. A family physician or gynecologist should perform a clinical breast exam as part of an annual visit, and can advise women on the frequency of mammography scheduling. We salute our local business community's commitment to a cure!

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TACKLING BREAST CANCER



ELI PACE | KENTUCKY NEW ERA
Like many other local athletic teams, the Christian County Colonels football squad has been wearing pink in recognition of Breast Cancer Awareness month. CCHS won the game 43-22 as they beat Apollo Saturday at the Stadium of Champions.

More to fighting breast cancer than wearing pink in October

(AP) — Pink is as synonymous with October as pumpkins and trick-or-treating. We see it every Sunday in the socks, towels and wristbands of NFL players. It floods retail stores in a wave of fuchsia-themed products. It's on every form of social media in videos, photos and avatars.

The recognition of Breast Cancer Awareness Month has become routine, a victim of the commercialization that's commonplace in our society.

But it's also become routine because we've been doing it for so long.

Breast Cancer Awareness Month was established in 1985 by the American Cancer Society and a pharmaceutical company that produced several anti-cancer drugs. For 30 years, we've been racing, walking, hosting bake sales, washing cars and taking donations throughout October to fight the disease.

And still we have no cure.

Every year, more than 200,000 women and 2,000 men in the United States are diagnosed with breast cancer. And each year, more than 41,000 Americans lose their lives to the disease.

It is the most common cancer in women and the second most common cause of death from cancer among white, black, Asia/Pacific Islands and American Indian/Alaska

Native women.

A woman living in the United States has a 12.3 percent, or one in eight, lifetime risk of being diagnosed with breast cancer. In Indiana, 118.1 white/non-Hispanic women, 117.6 African-American women and 70.9 Hispanic women per 100,000 will be diagnosed with breast cancer.

So we keep fighting ... for the nearly 3 million U.S. women with a history of breast cancer living today and the millions more who will be fighting it in the tomorrows to come.

But the fight can't be to just pink-wash October. The ribbons, shirts, water bottles, earrings and socks are simply reminders.

Reminders to ask every woman you love to conduct regular self breast exams and get a mammogram as recommended. Reminders to only purchase pink products or contribute to groups that give a significant portion of the proceeds to research and care. Reminders to demand that legislative obstacles to breakthrough treatments be brought down.

So wear your pink and be proud to represent the patients, survivors and victims. Run, walk, raise funds and buy.

But don't stop there. The cure is out there. And one glorious day, we'll find it.



Study: Calcium, vitamin D pills don't prevent colon growths

BY MARILYNN MARCHIONE
AP CHIEF MEDICAL WRITER

A major study finds that taking calcium or vitamin D pills does not help prevent growths that can lead to colon cancer in people who have had at least one in the past.

It's the latest setback among many for efforts to prevent disease through vitamin supplements. The calcium finding was especially disappointing — three previous studies suggested calcium would help, but the new one, a more rigorous test, found no benefit. "That was a big surprise.

We thought we understood calcium because the data was really quite, quite strong," said Dr. John Baron of the University of North Carolina at Chapel Hill.

He led the new study, published in Thursday's New England of Medicine. The National Cancer Institute sponsored it and Pfizer Consumer Healthcare provided the pills.

It involved 2,259 people recently diagnosed with polyps, precancerous growths removed during colonoscopy. They were assigned to take either 1,000 international

units of vitamin D3, 1,200 milligrams of calcium, both or neither. Women could choose to get calcium and then be given either real or dummy pills of vitamin D.

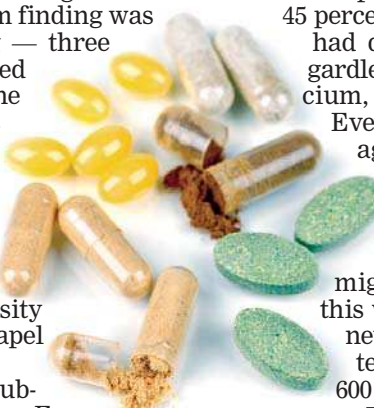
"We did that so that women concerned about bone health would feel comfortable taking part," because they were ensured of getting calcium if they wanted it, Baron explained.

Followed up three to five years later, 43 to 45 percent of all study participants had developed a new polyp, regardless of whether they took calcium, vitamin D, both or neither.

Even when researchers took age, gender and other factors into account, supplement use made no difference in the results.

Higher doses of vitamin D might make a difference, but this would have to be tested in a new study, and this one already tested a higher level than the 600 IUs a day (800 for people over 70) that the Institute of Medicine recommends, Baron said.

Aspirin is thought to help prevent polyps and colon cancer with long-term use, but it also can cause serious bleeding. Anyone considering long-term use is advised to talk with a doctor about the risks and benefits.



Breast cancer affects us all.

It affects our mothers, sisters, wives and friends. It affects people of every age, sex and race, and is the leading cancer among white and African-American women.

October is ... National Breast Cancer Awareness Month, pink is everyone's color.



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Holding on to HOPE

BY PAM FUTRELL

May 6, 2015, a routine mammogram. That is how my story begins. Then I received a letter in the mail that I needed to have follow up procedures done. The follow-up procedures were scheduled for May 14. I did not tell many people what was going on, not even my husband. Why worry him. Breast cancer did not run in my family.

The ladies at JSMC Imaging were so professional, and they continually told me there probably was nothing to worry about. They even had trouble finding the area that was referenced in the original mammogram. Once it was found on the sonogram, I was told again not to worry. The area was small and close to my chest cavity.

I returned to work and talked with one coworker I had informed what was going on. She encouraged me to call my doctor's office to see if I could get the results as soon as possible. She didn't want me to have to wait all weekend. I received the call a couple hours later that the results showed I needed a biopsy and I had to pick a surgeon. I quickly gave them Dr. Matthew Robinson because he removed my gall bladder in 2009. I was in shock. A few minutes later the doctor's office called back to ask me if I could go to Dr. Robinson's office then. It was on the way to the office that I finally called my husband to have him meet me there. Needless to say he was not happy I had not told him what was going on.

We met with Dr. Robinson, and we scheduled a biopsy for the following Monday. I received the biopsy results May 18 at approximately 11:30 a.m. I had an invasive ductal carcinoma grade 2 of 3, measuring at least 1 cm.

At the time I was calm. I called my husband and parents to let them know. Then I began to tell my family and friends. I took the coward's way out on telling most people. I texted or emailed most people. That way I did not have to see their reaction. The hardest person to tell was my 14-year-old daughter. She was so mad. That helped me not to be emotional about it. I got mad with her.

That Friday, my husband and I met with Dr. Robinson to see what was next. I had already scheduled an appointment with Vanderbilt's Breast Center for a second opinion for later in the

month. But I did not want to wait longer than I had to to see what I needed to do. After the appointments my head was spinning. I could have a lumpectomy, which is the removal of just the area. Or I could have a mastectomy, a full removal of the breast and reconstruction to follow. The odds of survival would not increase with either option. After deciding to have the lumpectomy, it was scheduled for June 2.

I was anxious to have the spot removed. Surgery results showed level 1A and no lymph nodes were involved. I was so thankful. I was told radiation was going to be done, and possibly chemotherapy. On June 25, I entered the E. C. Green Cancer Center for the first time. That day was the hardest day of all because I was told I would need six rounds of chemotherapy followed by 25 rounds of radiation. Until that day I believed and hoped chemotherapy was not needed.

That is how cancer works. You never know what will happen. Cancer affects everyone. It does not care what age you are, whether you are a mother father sister or brother. The unknown is the hardest part. I have had five rounds of chemotherapy, and I was due to have the last one Oct. 15.

There have been hard days and good days. There have been days I was discouraged and days filled with joy. I try not to ask why me and ask why not me. There are people who have had a harder road to travel than I. I try to find humor where I can. I like being able to sleep longer because I do not have to fix my hair. It is only hair. If I am lucky it may come back straight. I have very curly hair, and have struggled with it all my life.

I have also discovered what a wonderful loving family I have. My husband, Jeff, has been my own Iron Man. My friends are the best. They have cooked for my family, come to see me, offered to sit with me during treatments and bought me scarves and hats. I consider all my friends family now. I know I am not fighting this battle alone. Everyone who has prayed for me, texted me, Facebooked me or just given me a smile is there fighting this battle with me.

Because when it comes down to it we are all fighting the battle against cancer. And there is always HOPE that one day the battle will be won.



PAM FUTRELL

*"I consider all my friends **FAMILY** now. I know I am not fighting this battle alone."*



Researchers use altered herpes virus to fight skin cancer

LOUISVILLE, Ky. (AP) — Researchers are using a modified version of the herpes virus to fight the deadliest form of skin cancer, which strikes about 70,000 Americans a year.

Shari Wells of Ashland, Kentucky, recalls sitting with doctors at the University of Louisville's James Graham Brown Cancer Center and learning that her melanoma had advanced to the point that she probably had less than six months to live.

But Wells, 56, told The Courier-Journal the treatment involving

the herpes virus "saved my life."

"I was never so thankful in my whole life than for that medicine," said Wells, whose cancer went into remission. "Without it, I would be dead."

A study involving 436 late-stage melanoma patients at 64 centers around the globe, published in the current issue of the Journal of Clinical Oncology, shows that those injected with a genetically modified version of the herpes simplex virus known as T-VEC responded better than a control group.

Sixteen percent saw a significant

decrease in tumor sizes within the first year of treatment that lasted for at least six months, compared with 2 percent of patients who didn't get T-VEC.

Researchers expect the treatment to yield even better results when combined with another type of immunotherapy, which uses the body's own immune system to fight cancer.

"It appears for many patients that (T-VEC) gives long-term remission and in some cases, cure," said Rob Coffin, who invented the treatment. "Quite a number of peo-

ple in that study got a complete response; all their disease went away. I'm a great believer in the concept of using viruses to treat cancer."

Over the years, scientists have explored altering various viruses, including measles and polio, to combat several types of cancer, including brain tumors, breast cancers and others.

A 2013 review in the journal Molecular Cancer concluded that cancer-fighting viruses armed with genes that stimulate the immune system, "are potent therapeutic cancer vaccines."

Such viruses, including T-VEC, will be discussed at the annual meeting of the American Society of Clinical Oncology, which runs through June 2.

Melanoma patient Mary Kenna Deddens is currently being injected with T-VEC as part of another study at the Brown Cancer Center. The 66-year-old said she hopes the FDA approves it for wide use, because patients with advanced melanoma need more options.

"It would help a lot of people," Deddens said. "It's another tool in the toolbox."

Pink Up!

October is Breast Cancer Awareness Month, and there is no better time to make an appointment with your physician and learn more about the disease. While there is no surefire way to prevent breast cancer, there are ways to reduce your risk of it. Stay on top of your health.

Of course, even with the best of precautions, breast cancer may occur. That is why early detection is so important. The earlier the disease is detected, the better the patients chance of survival.

Stay on stop of your health, women of Kentucky!



WHITNEY WESTERFIELD
3rd District State Senator



MYRON DOSSETT
9th District State Representative



Congratulations to the **Kentucky New Era** winners of this year's **BE MY SUPPORT BRA CONTEST** sponsored by Jennie Stuart Medical Center, Planters Bank and WHOP Life 98.7.



A RISING PROBLEM

Lung cancer now top cancer killer for women in rich nations

(AP) — For the first time, lung cancer has passed breast cancer as the leading cause of cancer deaths for women in rich countries.

The reason is smoking, which peaked years later for women than it did for men. Lung cancer has been the top cancer killer for men for decades.

“We’re seeing the deaths now” from lung cancer due to a rise in smoking by women three decades ago, said Lindsey Torre of the American Cancer Society. The society released a report Wednesday, based on new numbers from the International Agency for Research on Cancer.

Some highlights:

THE CANCER BURDEN

Globally, there were about 14 million new cancer cases and 8 million cancer deaths in 2012, the most recent year for which numbers are available.

“Developing countries account for 57 percent of cancer cases and 65 percent of cancer deaths,” Torre said.

MEN VS. WOMEN, RICH VS. POOR COUNTRIES

For men, lung cancer has been the leading cause of cancer death globally for several decades. In poor countries, breast cancer remains the top cancer killer for women. Colon cancer has grown as a cause of death worldwide.

As for the number of cases diagnosed, prostate and breast are the most common cancers in men and women, respectively, in rich countries.

THE U.S. PICTURE

Lung cancer became the top cancer killer for men in the 1950s, and for women in the late 1980s, reflecting trends in smoking rates.

LOOKING AHEAD

Smoking rates have leveled off or dropped in rich countries. In the United States, “we are already seeing lung cancer death rates decline,” Torre said.

HOW TO LOWER RISK

The American Institute for Cancer Research says half of all cancers are preventable. Healthy diets and getting enough exercise cut risk. The hepatitis vaccine helps prevent liver cancer; the HPV vaccine lowers the risk of getting cervical cancer.

The biggest factor: Stop smoking, or don’t start. Quitting by middle age can avoid 60 percent of the risk of dying of lung cancer, Torre said.

“It’s never too late to quit.”

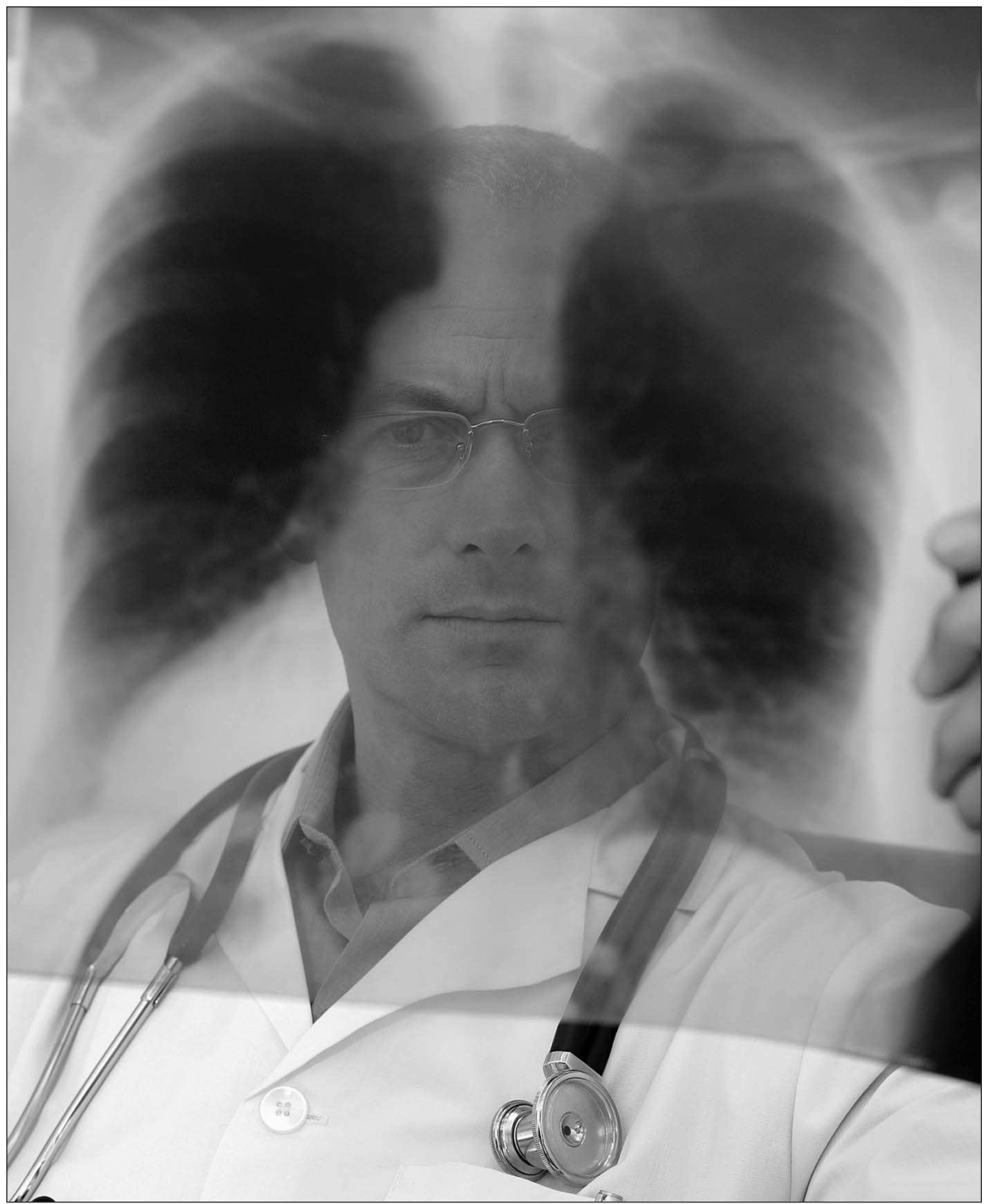


PHOTO PROVIDED BY METRO CREATIVE CONNECTION

Lung cancer has surpassed breast cancer as the leading cause of cancer deaths of women in rich countries for the first time.

Help Fight Breast Cancer!

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MEDICAL CENTER

The Kentucky New Era has placed 2 special “Think Pink: newspaper racks at Jennie Stuart Medical Center. When you purchase your Kentucky New Era from one of these vending machines, the proceeds will be donated to the local Pink Ribbon Network, a breast cancer support group. JSMC has agreed to match that donation.

Attention Business Owners

One additional “Think Pink” news rack is available to be placed at your business and can be a part of this new promotion. Call Tony Henson at 270.887.3284 or Ted Jatczak at 270.887.3278 to participate.



A POSITIVE SPIRIT



PHOTOS BY MEREDITH WILLSE | KENTUCKY NEW ERA

Out of all her hobbies, spending time in her backyard with her flowers is Kay Nave's favorite hobby. Her three grandchildren planted the flowers out back for her.

Nave finds strength through cancer

BY REBECCA WALTER
NEW ERA STAFF WRITER

Even when strength seemed out of grasp, Kay Nave has found a way to fight and maintain a positive spirit.

After a routine mammogram in December 2009, Nave was diagnosed with breast cancer. She underwent a double mastectomy in January 2010.

"No one in my family had ever had cancer. Some things you want to be the first in, and others you really don't," she said with a laugh that illustrates her positive outlook.

Nave, 68, said the support from family, friends, doctors and her church family has pushed her forward and helps her get through the difficult times.

After the double mastectomy, Nave participated in a few clinical studies. She said the side effects were too hard on her body and she had to withdraw.

Nave underwent chemotherapy and did not have to undergo any radiation. Doctors said there was only a 7 percent chance of the cancer coming back.

"I never thought I would have to worry about cancer again," she said. "And with that, I thought I was free."

That freedom was suddenly taken away in August 2014.

"My back was hurting in various spots, and it would move around," she said. Nave went to several doctors, including a chiropractor, to try and figure out what was causing her pain.

"No one seemed to put together what was going on."

Nave contacted her doctor at Vanderbilt Hospital in Nashville, Dr. Ingrid Mayer.

A bone scan revealed Nave had



Kay Nave reads a book by her favorite author, Max Lucado.

stage 4 bone cancer.

It had been more than four and a half years since Nave's procedure and original diagnosis. It takes five years for a patient to go into remission.

"I had half a year to go and I was going to be free, I thought," Nave said. "I was devastated, probably more so than in the beginning when I was just in total shock. But this just caught me so off guard. I thought I'd done everything I was supposed to. I'd taken my pills, everything. But it was back."

The cancer is in Nave's ribs and a few others spots on her body.

Luckily, with the treatment Nave has received for the past year she has not had any new growth in her cancer and she continues to fight.

Finding strength

Nave mainly attributes her strength and optimistic outlook to

her Christian faith.

"I know without a doubt that God has got this," she said. "He just wants me to trust him."

Another fountain of hope comes from the Pink Ribbon Network, a local breast cancer support group.

"Hopkinsville is very blessed to have Pink Ribbon," she said.

The blessing for Nave comes in the support and encouragement the group provides to her, and how it pushes her to do the same for others going through the same journey.

"I just want to be a beacon, I want to be an encourager for people that are going through this," she said.

Nave emphasized how crucial support is when battling cancer.

"Support helps you realize it's not the end of the world," she said. "It is amazing the people you come in contact with, some you don't even know that offer support, and that is so important," Nave said. "Whether you are going through cancer or any-

thing else, encouraging each other is something everyone needs on a daily basis."

Nave believes the continued motivation she receives will push her to keep fighting. She encourages others to accept the same support.

"Don't try to carry it alone, it's too heavy. It will weight you down. Just trust to let someone in," she said.

Living with cancer

Nave doesn't allow her cancer to keep her from living life and enjoying all it has to offer.

She is close to her sisters, three grandchildren, daughter and husband, Joe, who she has been married to for 47 years.

Nave describes herself as a people person and finds joy in being around others.

She is also an avid reader, and Max Lucado is her favorite writer. Traveling is another hobby, along with collecting Candlewick glassware.

But her favorite way to pass time is spending it in her backyard, surrounded by the flowers her grandchildren planted for her.

"My therapy is going outside and sitting on the back swing and looking at the flowers," she said.

Although the cancer makes her tired, it is important to Nave to keep pushing through and working. She has worked at York Neel and Company for 45 years.

Nave's doctor has given her a three to ten year time frame. Her doctor is positive though, and one of Nave's main encouragers.

"I don't know what is ahead, but I keep my faith and remain positive," she said.

REACH REBECCA WALTER at 270-887-3241
or rwalter@kentuckynewera.com.

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Keeping faith through the journey

BY KAREN MORRIS

September 25, 2014. Just 386 days ago, I woke up at 4 a.m., walked out to my garage, turned on the treadmill and started my 4-mile run. I do this every day, and I have done this every day for forever. It's just what I do. It energizes me for the day, it's my prayer time and it keeps me fit.

Three days prior, I had undergone a breast biopsy following a second mammogram and ultrasound. It was a simple surgery to remove the 4 mm cyst that had been discovered during the mammograms. My physician, Dr. James Carter, had shared that he felt confident it wasn't cancerous, so I wasn't worried. I trusted him completely, as he is a well-known breast cancer specialist at the Murfreesboro Medical Center, where my sister, Amy, works as an office manager.

Around lunchtime on that day, I received a call from Dr. Carter. I answered the phone while standing in my classroom. When I heard him say, "Karen, this is Dr. Carter," his tone of voice told me I needed to step out of my classroom to take his call. I knew what he was about to say. "I just got your biopsy results, and it is cancer." I sat silent on the other end of the line. He continued with, "I felt so confident that it was benign that I told the technician that I was going to hang up, and they were going to call me back and tell me different."

He continued by asking, "Are you OK?" I told him I was fine. He advised me to call Kahle. Before calling my husband of 26 years, I stood by myself in the hallway by my classroom, crying until a teacher friend approached me. She took my students so I could pull myself together and call Kahle.

We hadn't really discussed the possible next steps of a positive diagnosis. We had never addressed the question, "what if?" He reassured me that everything would be OK, and that he would soon be on his way. Within minutes, he picked me up, took me to my parent's home, and one by one, we contacted my closest friends and family members. The initial news was such a



SUBMITTED PHOTO

Karlee Morris (from left), SaraRuth Wolaver, Karen Morris, Paige Morris, and Amy Wolaver pose after a walk/run.

shock to many because I was now the first in my family to ever be diagnosed with breast cancer.

Over the next few days, I remained very quiet. Kahle would say, "Talk to me, talk to me. What are you thinking?" I really didn't know what I was thinking. I knew that everything was in God's hands and that I would be OK with the outcome. "Why me?" was a question I never wanted to ask myself, because being a Christian, I knew I should be asking the inevitable ... "Why not me?" Knowing that God is an A.W.E.S.O.M.E. God, and that he would never let go of my hand, I tried not to be scared. But, even though my faith was

strong, questions did flow through my mind:

"Who will take my place at school?" "Will I be able to exercise?" "Will I lose my hair?" At this point I knew that, at my age, I wanted to get rid of the cancer and never worry about it again during my lifetime. My appearance was no longer a priority. Saving my life was first.

At my next visit to Dr. Carter's office, I received more details regarding my diagnosis of Stage 1 breast cancer. He told me the options: a mastectomy, a bilateral mastectomy, or a lumpectomy. He left the decision totally up to me, and I was determined to do the bilateral mastectomy to rid myself of the chance of recurring

breast cancer. He agreed with my decision, and I had peace that God would take care of me. I left the clinic that day, though, with strong anxiety regarding this next surgery.

Almost a month would pass until Oct. 31 when I had the bilateral total mastectomy. The night before, Kahle and I stayed in a hotel near the hospital. I felt numb. Kahle would say, "I need you to talk to me. Tell me what you're thinking. I want to be able to help." Considering what the next morning would bring, I slept well. I don't even know if Kahle slept.

When we woke up, we arrived at the hospital before 6 a.m. to begin pre-op. We sat in the surgery waiting room for several minutes. I was able to see my girls, my parents, my sister and close friends for just a few minutes until they called my name. As I walked to the double-doors that would lead to the pre-op room, reality hit me. It also hit my family and friends, because they rushed to me and gave me one last hug of encouragement.

My doctor and pastor prayed with me before the surgery began. The last thing I remember is being rolled into the operating room, and Dr. Carter telling the staff to "turn the music down."

After almost five hours of surgery, I woke up in recovery. I was very groggy, but I was ready to see my family. I was not in a great deal of pain over the next few hours; I was able to walk the hallways of the hospital later that evening. I wasn't able to eat much, though, as the pain meds were making me nauseous.

The next day, I received the great news that the Sentinel Node test was negative. This is a dye test that informs the doctor if cancer has spread to the lymph nodes. Three days later, I was released from the hospital, but with many restrictions. No driving, no exercise and no lifting. I wasn't even allowed to raise my arms. Daily routines were very different from the norm. Even putting dishes up on a shelf or washing my hair was off limits.

At my next appointment, Dr. Carter shared his collaboration

with local Tennessee oncologists. They had determined I would not have to have radiation or chemotherapy. Again, God is an A.W.E.S.O.M.E. God!

I can't say that my journey was easy, but with Jesus Christ by my side, the events that occurred during those six months strengthened my relationship with Him. He has been by my side during each and every chapter, and my journey has turned out to be one filled with many blessings. I had a wonderful support system of prayer warriors lifting me up daily. This made for an easier journey as well. Those prayers gave me an overwhelming sense of peace during this difficult time.

My rock, Kahle, showed tremendous faith during this "bump" in our road. I can't really say what his thoughts were because he was consumed with my well-being, but the compassion he showed me during those six months was possibly greater than any he had ever shown me. My daughters, Karlee and Paige, have surrounded me with unfailing love. From waiting on me, washing my hair, draining my tubes and taking over household chores, their bond with each other grew stronger through the process.

Dedicated family and friends sending cards and praying for my health gave me peace. Being flooded with Get-well cards inspired me to "pay it forward." Today, I find myself sending cards of encouragement and motivation to others experiencing difficult times.

Now, 386 days have gone by, I am back to my norm. I am teaching, fulfilling my motherly duties and running every day again. Sometimes I find that neither my strength nor my endurance is what it was before; however, I will take that over the alternative.

I strongly urge you to make the commitment of scheduling annual checkups. There's no doubt that a routine annual mammogram saved my life. Every man should do the same by scheduling an annual PSA (prostate-specific antigen) test.

May God bless each and every one of you, always.



Join Us In Celebrating These Courageous Women!

"Courage is the art of being the only one who knows you're scared to death!"

Beth Latham Casey

You are our inspiration. We love you.

Your Family

Angela Payne Starnes

With legs numb to her knees and chemo - she ran a marathon in support of breast cancer. 600+ students honored her wearing shirts with her name.

Kay Nave

"What you are is God's gift to you. What you make of yourself is your gift to God. You have given God a tremendous gift."

From Your York Neel Family

Susan Boggess

You continue to inspire us with your strength, determination and positive attitude. We love you.

Mom, Dad, Sheryl, Kenny, Colton & your biggest supporter in Heaven Steve

Kay Nave

We love, support and pray for you.

Your Family

Kay Nave

"We love you!"

The Wilson Five

Pink Ribbon Network Breast Cancer Support Group



The local "Pink Ribbon Network" Support Group meets the first Thursday of each month at First United Methodist Church on South Main Street in Hopkinsville at 7:00 p.m.

The Pink Ribbon Network is a local breast cancer support group in Hopkinsville, Kentucky, with members living in Hopkinsville and the surrounding counties.

Our Mission Statement is as follows:

The Pink Ribbon Network breast cancer support group was organized in 2006 by a local surgical technician and a local nurse, both of whom are breast cancer survivors. Many other women have joined together with this group to provide outreach to breast cancer patients. Our focus is to offer strength, support, love, encouragement and hope for anyone dealing with the diagnosis of breast cancer. We also educate and inspire breast cancer patients in the best way we know how from being on the journey ourselves. We make home visits, hospital visits and/or telephone

the journey or have traveled the journey. After going through this ourselves, we find it very rewarding and uplifting to be able to provide outreach to others. Everyone is welcome and you will feel a warm welcome if you come and join us. We get together to share, to plan events, to talk, to laugh and from time-to-time we have various speakers in connection with issues we all encounter along the way. We meet the first Thursday of each month at 7:00 p.m. at First United Methodist Church, 1305 South Main Street, Hopkinsville, Kentucky. You will find comfort in hearing others share their personal experience and will pick up on some helpful hints to help you along the way.



Ann Isom
Pink Ribbon Network member

We are proud to say we are now a 501 (C) (3) Non-Profit Organization which means contributions made to our group are tax deductible for the contributor. This is just another marker as to how our group has grown throughout the eight years of existence. We are very touched and humbled by the community support we have received and continue to receive.

With all the community support and contributions made, of which we are so appreciative and

pencils, etc. We probably distribute around 50 bags a year.

Going on our third year now, we have started providing snacks at the E.C. Green Cancer Center for all patients going cancer and we provide support in many other ways on a one-on-one basis as a special need may exist. We have provided support for a breast cancer patient at Western State Hospital. We help provide transportation to patients who may need help getting to and from treatment. We do a special Christmas project annually for one of our fellow survivors who we feel needs special attention. We attend special events together such as the Celebration of Hope event in Lexington, Kentucky and Horses and Hope event at Ellis Park in Henderson, Kentucky. We make a contribution to the Hope Lodge in Nashville which is a place for cancer patients to stay while going through treatment as some of our women have been blessed to use that facility. We participate in the annual Kentucky Women's Show, and other special events that may be going on in the community which is a way we can provide community education and support. We also participate in the annual Relay for Life event in support of all of those going through some type of cancer. We sponsor the Kentucky Bunco Bash which continues to grow. Mark your calendars for next year's event which is March 11-13, 2016 at the Holiday Inn in Hopkinsville.



calls. This is determined by the desire of the individual patient. We pray for each woman to be able to face her fears and to handle the every day stress in the best possible way during each day of her journey. We want to be there to offer her the necessary support and encouragement. We want her to feel warmth and love, but first and foremost to feel she is not alone.

Kathy Anderson and Lisa Cunningham were the initial organizers of Pink Ribbon Network. The organization has grown and continues to grow. No one really ever wanted to be in this group, but if you have been diagnosed with breast cancer, whether recently or years ago, and you come and join us, you find it is something you very much want to be a part of. We love and support each other and we are like one big family with a forever special lasting friendship. Although everyone is different somewhat in their diagnosis, their surgeries, their treatment, their reconstruction and their physicians, we all have one thing in common and that is we either are on

thankful, we are able to put together our "support bags" which include items such as monogrammed fleece blankets, small pillows used under the arm for support after surgery, informational literature and other pink ribbon related items which include calendars, bandanas, journals, note pads, ink pens, magnetic picture frames, inspirational books, book marks, personalized



Kentucky Bunco Bash

Save the Date
for next year's
Kentucky Bunco Bash!
March 11-13, 2016
We hope to see you there!

We all know laughter is a big part of healing and is the best medicine. Therefore, we do plan events together that don't always focus on cancer such as in-home pot lucks, going out to eat and a special Christmas dinner.

If you are going through breast cancer or know someone who is, we encourage you to be a part of Pink Ribbon Network. You will be glad you did! For more information please contact us at ami@lawfr.com, lisabcham@gmail.com or katande@bellsouth.net.